**Synchronized Swimming is a water sport.**

**It involves the performance of a series of graceful movements on the surface and under water to the accompaniment of music.**

**The sport is contested only by women at the Olympics.**

**There is a duet (for two competitors) and a team event.**

**It is Olympic sport that mixes ballet(dancing), gymnastics and swimming together.**

[](http://www.google.co.nz/imgres?q=synchronised+swimming+russia&hl=en&sa=X&biw=1249&bih=615&tbm=isch&prmd=imvnsu&tbnid=2Sj0LDlNl4yCxM:&imgrefurl=http://en.beijing2008.cn/news/sports/headlines/synchronizedswimming/n214578881.shtml&docid=BA_bJ4lSD-xYlM&imgurl=http://img08.beijing2008.cn/20080823/Img214578884.jpg&w=500&h=284&ei=rqIgUKD2NpGeiQfUzoD4AQ&zoom=1&iact=hc&vpx=267&vpy=265&dur=1290&hovh=169&hovw=298&tx=146&ty=106&sig=103751694515539677441&page=2&tbnh=101&tbnw=177&start=18&ndsp=24&ved=1t:429,r:19,s:18,i:211)

Russian synchronized swimming team

in the 2008 Beijing Olympics

History

**Synchronized swimming originated in Canada 1920s.**

**It was referred to as water ballet.**

**When it was seen in Chicago in1993, a commenter named it as ‘Synchronized swimming’.**

**The activity soon gained popularity in the United States.**

Skills of Synchronized swimming

Synchronized swimming is one of only 3 sports in the Olympic program contested solely by women.

The skills of synchronized swimming may not be immediately obvious, but it is physically demanding and requires strength, flexibility and grace.

As many movements are performed upside down under water, competitors must have the ability to their breath for a long time.

Synchronized swimming was first performed at the Olympics Games as a exhibition sport between 1948 and1968.

In 1984, it was introduced as an official medal sport featuring solo and duet competitions.

In 1996, the solo event was discontinued and the team event was introduced.

The duet is performed by two swimmers and the team event by eight swimmers.

☺That Synchronized swimmers wear nose clips to prevent water from entering the nostrils while they are performing under water.

☺That Synchronized swimming is held in a pool at least 3metres deep.

☺That under water speakers located in the sides of the pool allow the Synchronized swimmers to hear the music clearly while under water



Australia team at the London Olympics 2012☺



Natalia Ishchenko and Svetlana Romashina wins gold medal in London 2012



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